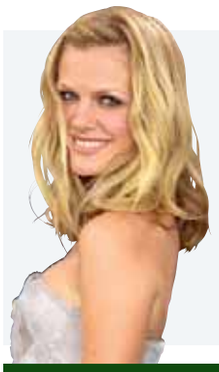

NO SLEEP FOR BROOKLYN

MODEL-TURNED-ACTRESS IS GETTING LOTS OF FILM GIGS, INCLUDING A LEADING ROLE IN PETER BERG'S BATTLESHIP PAGE 15

FRIDAY'S DRAW
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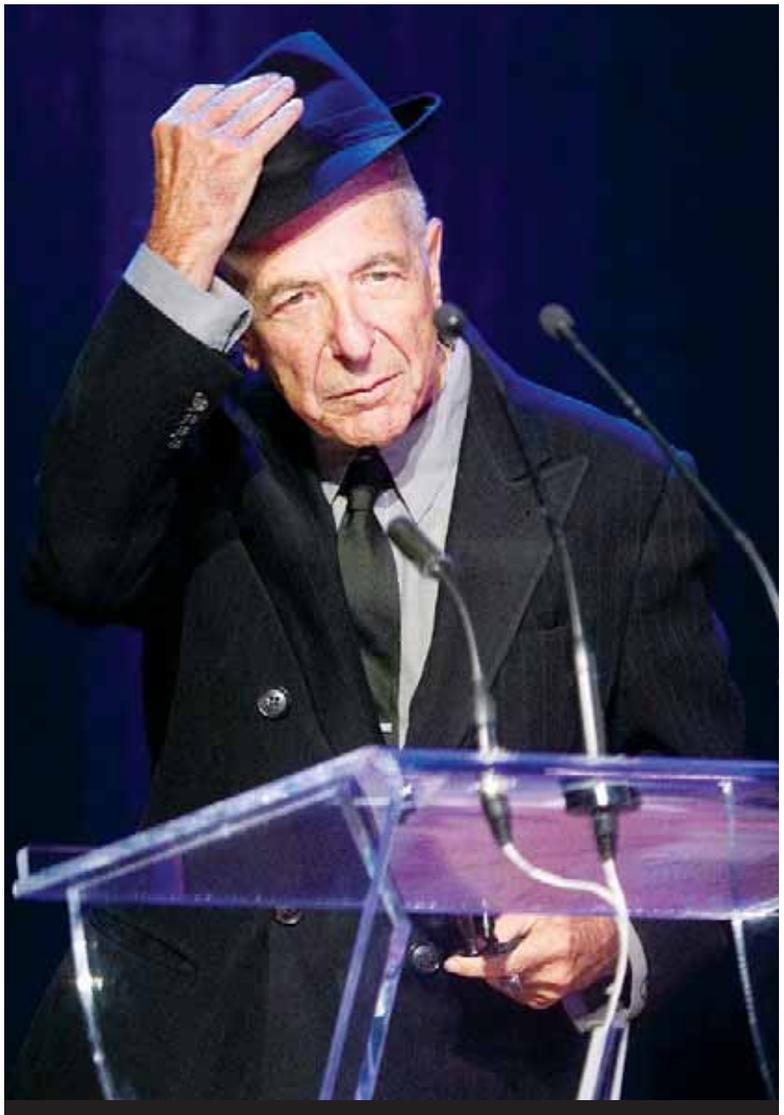

POWER OF SONG

Leonard Cohen acknowledges the audience after receiving the Glenn Gould Prize in Toronto on Monday. Cohen is the ninth recipient of the $50,000 prize, awarded for unique lifetime contribution to the arts. CHRIS YOUNG/THE CANADIAN PRESS

Tardy train? GO get your money back

But wait. Exceptions include delays due to accidents, weather, police and medical emergencies, according to new refund policy

Premier Dalton McGuinty's money-back guarantee to GO Transit riders will kick in this fall, the government announced Monday.

If a GO train is more than 15 minutes late, commuters will be eligible for a refund on their fare.

But the government, which didn't specify a date, has left itself lots of outs. The guarantee won't apply to delays caused by extreme weather, police investigations, accidents and medical emergencies — meaning the bulk of late trips will be exempt from the policy.

It is, however, a little more generous than the premier's original proposal last June, when he floated the guarantee for delays of 20 minutes or more.

Metrolinx CEO Bruce McCuaig estimated at that time that the refund policy would cost between $6 million and $7 million annually.

But Monday at Queen's Park, Economic Development and Trade Minister Brad Duguid said the initiative would cost the government about $8 million a year.

"That's included in the budget for this year.... It's covered," he said.

TORSTAR NEWS SERVICE

Twitter

Some commuters were upset about the refund policy's multiple outs.

@misslau
GO to offer refund if 15min late, unless due to extreme weather, police, accidents, medical emerg. So, uh, never.

@GOTrainHate
All this means is "Signal Issues" is now "Extreme Weather."

@PopeShakey
@dalton_mcguinty promises you'll get a refund if your GO Train is late, except if it's due to any reason why GO Trains are late. #onpoli

Imprisoned by others' ignorance

Andrea Roussel shares her story of hardship and loneliness after she had a sex change but continued to work at the Don Jail PAGE 4

Accuser testifies in Clemens steroids trial

Brian McNamee says he injected Roger Clemens with drugs while the star pitcher was with the Blue Jays in 1998 PAGE 25

Crash in Nepal

15 killed, 6 injured as plane crashes in the Himalayas PAGE 6

The skinny on the 'OMG Diet' — FTW or epic fail?

Sleep in, drink coffee, and skip breakfast, the fad diet advises. Will it work? PAGE 18

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Bluffs barrier two weeks away, but too late for man who fell

Fatal misadventure.
Man, 24, dies after fall from cliffside campfire

A section of the Scarborough Bluffs where a young man fell to his death Monday is two weeks away from getting a harder-to-climb safety fence — a plan in the works since a teenager fell over the bluffs and died last June.

The Toronto and Region Conservation Authority has plans to erect new 1.2 metre barriers along some of the bluffs' most dangerous stretches later this month, said Gary Crawford, city councillor for Ward 36, Scarborough Southwest.

"Unfortunately, it's a little late for what happened last night," Crawford said Monday. "At the end of the day, no matter what kind of deterrent you put up … there will always be those people who will go over it."

Police were called to a small park near Undercliff Drive and Cecil Crescent around 1:45 a.m. Monday.

Emergency responders located the lifeless body of a 24-year-old man at the base of the escarpment. Police said the cause of death was "misadventure."

The current steel-wire fencing in the area has two cables about a foot apart that reach up to around waist height.

The new fence — which will be accompanied by more warning signs — is meant to discourage visitors from hopping over to get a better view.

Three abandoned camp chairs sat a stone's throw from the edge of the 100-metre drop Monday morning — far beyond the wire fence and signs that warn visitors to keep away from the cliff. TORSTAR NEWS SERVICE

Similar incident last June

- City parks staff announced plans to raise the height of the guard wire along the bluffs last June, after a 17-year-old boy fell over and died. His body was found in Lake Ontario. The death was deemed accidental.
- At the time, fire officials said they were getting more calls than usual to rescue people who strayed too close to the edge and slipped or became stranded.
- Fire officials said most rescue calls come from people who are partying out on the bluffs.

Yellow police tape lines the area where a 24-year-old man fell to his death from the edge of the Scarborough Bluffs. Despite a warning sign, hikers and teenagers go dangerously close to the edge, which has a 100-metre drop.
COLIN MCCONNELL/TORSTAR NEWS SERVICE

Officer taken to hospital

Cruiser rear-ended, driver charged

A Toronto man is facing impaired driving charges after a police officer was seriously injured while attending a traffic stop.

Peter Sissakis, 42, is charged with impaired driving causing bodily harm. THE CANADIAN PRESS

Changing the rules

Weigh too much information from the mayor?

Five weeks from the end of his weight loss effort, Mayor Rob Ford has announced that he will now weigh in at city hall once every two weeks rather than weekly.
TORSTAR NEWS SERVICE

Rob Ford at city hall Monday.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Plastic bag tax

5¢ fee abolished in committee

Mayor Rob Ford's handpicked executive committee voted to rescind the 5 cent bag tax, but it's highly unlikely city council will back the decision next month. Instead, council appears poised to expand on the intent of the bylaw and develop a communications strategy that would encourage major retailers to donate bag fee proceeds to Toronto's tree canopy program. "We'll see what happens on the council floor," said Coun. Michelle Berardinetti, who split with the mayor. "The councillors, by and large, want to keep this in place because they know it's effective." TORSTAR NEWS SERVICE

1 NEWS

On the web

Bottom line in robotics

From the maker of the Internet kiss machine comes Shiri, a robotic bum. Nobuhiro Takahashi and his colleagues are testing the limits of human-robot relationships with the responsive posterior that twitches and tenses in response to human contact. Watch at metronews.ca

Mobile news

Now that Michael Rafferty is heading to jail and all details of the case can be discussed openly, legal experts are debating whether the publication ban on Terri-Lynne McClintic's guilty plea had the intended effect. Scan the code for the story.

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Dealing with deficit

TDSB proposes cafeteria closures

With some school cafeterias earning just $35 to $50 a day since Ontario imposed new healthy food guidelines, the Toronto District School Board will consider closing some cafeterias as part of proposed cuts to help wipe out a $58-million deficit.

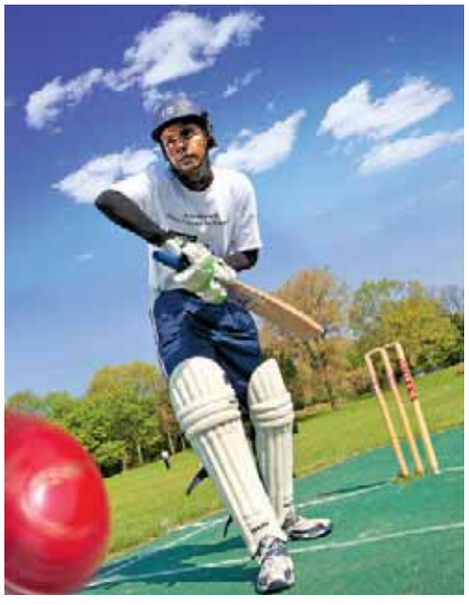
Staff has also recommended raising permit fees, as much as 40 per cent, for groups that rent school property, hiking the cost of non-credit night school courses, cutting support staff and banning trustees from travelling on business. The public will be consulted over the next few weeks before a key budget vote June 13. **TORSTAR NEWS SERVICE**

Anti-bullying bill

Bullying can be passive too: OPC

Beware the Grade 10 mean girl. The subtle nature of her cruelty could go unpunished if Ontario's anti-bullying bill defines bullying only as "aggressive" acts, warn Ontario principals.

"If behaviour must be 'aggressive' to meet the definition, you are preventing principals from addressing the passive, subtle and insidious bullying that can be just as debilitating," said Naeem Siddiq, president of the Ontario Principals' Council. The principals are calling on Queen's Park to drop the word "aggressive" from the definition, and scrap the need for it to be "repeated" to qualify as bullying. **TORSTAR NEWS SERVICE**



Ready and waiting to swing

Shrikar Khare from Newton Brook High School warms up between preliminary matches for the CIMA Mayors School Cricket Tournament at Sunnybrook Park in Toronto. The finals of the tournament, of which Metro is a partner, will be held in early June. For scores, go to metronews.ca. DAVE STARRETT/METRO

Finding true identity amid a tough exterior

Transition. Don Jail guard praises her employer for allowing her to grow in her job

Toronto Don Jail guard Andrea Roussel loves to tell the story about when a former inmate tried to pay her a major compliment.

"You've got balls," he said.

"Ya, and I got rid of them," Roussel replied.

The prisoner meant his words figuratively but Roussel was being literal. She's the only jail guard in the history of the province — and perhaps the country — to have a sex change and continue on the job.

For almost 20 years, Roussel, 45, has been responsible for the care of some of Canada's toughest and most troubled male inmates, including outlaw bikers and gang bangers. She started the job two decades ago as Andre Roussel, a married father of two and former elite wrestler and football lineman.

For the past 2-1/2 years, since gender reassignment surgery in Montreal, Roussel has continued her work guarding prisoners at the Don.

In her first-ever interview, Roussel told the Toronto Star that her personal journey has included two suicide attempts, profound loneliness and therapy. There were plenty of rough days, but none more so than on July 1, 2007, the day Andre Roussel publicly became Andrea Roussel.

That's the day she began dressing as a woman 24/7, donning a wig over her bald head and wearing a skirt on the job.

Roussel was verbally abused by prisoners in several languages and she worried that she might be physically attacked as well.

Part of her job had been to take part in the strip search of inmates. When Roussel began presenting herself as a woman, prisoners rebelled and refused to consent to the searches.

"It grew like wildfire through the institution that a tranny was there."

She found herself having to cope with profound feelings of isolation. But she refused to leave the job that she knew she was good at, even though prisoners were often abusive.

Roussel said she first suspected she wanted to be female at the age of 8, while growing up in Sudbury. As a young boy, he was beaten up by a girl in his hometown in an argument over a skipping rope.

Roussel's parents thought he should be toughened up in contact sports. Andre ended up excelling in wrestling and football, but never felt quite comfortable. "I was kind of pressured by my parents to be the boy they wanted."

He wrestled and played football with an intensity that brought plenty of awards and recognition. "I enjoyed inflicting pain because I got to release pain — inner pain."

After high school, Roussel fell in love with a woman and tried to suppress his feelings. He hid his inner feelings from everyone, including his workmates, parents and female lover. Finally, Roussel told his wife he couldn't suppress "Andrea" any longer. Eventually, it was too much for Roussel's wife and she moved out.

Despite the abuse Roussel has suffered, she still loves her work and feels genuine empathy for prisoners. She said she knows she can lessen the pain of others by showing how she confronted her own pain and fears. "God made me who I am because I have a mission to educate people. To help people behind me, following in my footsteps." **TORSTAR NEWS SERVICE**

Don Jail guard Andrea Roussel poses for a portrait in an office at the Don Jail in Toronto on April 30, 2012. Inset: A graduation photo circa 1990 of Don Jail guard Andre Roussel, who later became Andrea Roussel.

PAWEL DWULIT/TORSTAR NEWS SERVICE - INSET PHOTO: CONTRIBUTED

Transformation

- **Coming out.** Roussel came forward to Corrections' management in Aug. 2005.
- **Decision.** The decision was made for him to gradually transition towards presenting himself as a female.
- **Operation.** After a year dressing female, Roussel went to Montreal for the sex-change operation.

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Quebec. Education minister resigns amid student unrest

Quebec's education minister and deputy premier resigned from politics Monday in a bombshell announcement that came after months of student-related unrest.

Education Minister Line Beauchamp said she was not resigning because of violence and intimidation related to the student strike.

Making the announcement at a news conference with Premier Jean Charest, she said she was leaving because she didn't feel like she was helping to solve the problem.

"I am not giving up in the face of vandalism and civil disobedience," said Beauchamp, who will resign her Montreal-area seat.

"I am resigning because I no longer believe I'm part of the solution."

She said she had spoken to student groups about letting a parliamentary committee study the issue of university funding. She said she asked the students whether they trusted the people's elected representatives to study the question — and that on Monday they had refused.

Beauchamp is the latest of several key figures to resign during this, Charest's third term. An election could be held anytime from this spring to late 2013.

She is the second deputy premier Charest has lost in recent months, after Nathalie Normandeau.

THE CANADIAN PRESS

Saskatchewan

Bodies from mid-air collision recovered

An official with the Transportation Safety Board says the bodies of five people killed in a mid-air collision over Saskatchewan have been recovered.

Peter Hildebrand says the investigation into what happened Saturday in the sky over St. Brieux, northeast of Saskatoon, is proving difficult.

THE CANADIAN PRESS

British Columbia

Three killed in float-plane crash

Three people are confirmed dead in the crash of a float plane that went down as horrified onlookers watched it burst into flames in southern British Columbia.

"Our information is that, tragically, none survived the accident," Transportation Safety Board spokesman Bill Yearwood said Monday.

THE CANADIAN PRESS

15 dead after plane crashes into Himalayas

Nepal. Survivors claim they were thrown around, squeezed between seats and bodies before climbing out of plane to safety

A plane crashed into a mountain in the Himalayas while trying to land at an airport in northern Nepal on Monday, killing 15 people and injuring six, some critically.

It was carrying two pilots and a flight attendant — all Nepalese — along with 16 Indians and two Danish citizens, both of whom survived, officials said.

Television footage showed the Danes being taken inside a hospital in the nearby city of Pokhara, the man being led on foot and the woman crying in pain as she was carried on a stretcher.

The plane was turning to land at Jomsom Airport when it crashed, said Laxmi Raj Sharma, chief government administrator in the area.

It broke into pieces but did not catch fire. Sharma said an initial investigation indicated the Dornier aircraft, which belonged to the local Agni Air company, might have had technical problems.

Rescue was swift because the plane crashed just a few metres from an army camp at Jomsom.

The Danish tabloid Ekstra Bladet said it spoke to the Danish passengers by phone at the hospital and identified them as Emilie Joergensen and Andreas Rasch.

"We were thrown around. The seats were unfastened and we were squeezed between seats and bodies," it quoted Joergensen as saying.

She said they had to climb over "hands and arms" to get out of the plane.

"I think it was easy for us to get out because we sat in the back and were closest to the exit." THE ASSOCIATED PRESS

Passengers

The Danish couple involved in the accident planned to go trekking in Jomsom.

- The Jomsom airport is gateway to a popular destination for trekkers and for Hindu pilgrims on their way to the revered Muktinath temple. It is about 200 kilometres northwest of Kathmandu.

Plane crash survivor Andreas Raschis. SANTOSH POKHARAL/THE ASSOCIATED PRESS

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Vince Li. Greyhound killer could be granted temporary leave passes

Vince Li could soon be granted temporary passes away from a mental hospital four years after he beheaded and cannibalized a fellow passenger on a Greyhound bus.

A psychiatrist who has treated Li told the Manitoba Criminal Review Board on Monday that the 44-year-old has responded well to medication and should have the right to escorted trips into Selkirk, Man.

The request left the mother of Li's victim, Tim McLean, shocked.

"Can you guarantee me that he's not going to eat somebody else's eyes, somebody else's heart? Slaughter another individual? No, nobody can guarantee me that," Carol DeDelley said outside court in Winnipeg.

THE CANADIAN PRESS

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ADR. 500 70 – Introduction to ADR: Mediation, Negotiation, Arbitration
Monday, Sept. 10 – Dec. 17 (45 hours) | 12:40 pm - 3:20 pm
An introduction to conflict analysis, negotiation, mediation and arbitration. Gain insight into the practice of ADR and will have the opportunity to develop effective negotiation and mediation skills.

ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

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Binge drinking national scandal, British PM says

Two men walk past bins full of empty alcohol bottles in the central London area of Soho. Binge drinking has reached crisis levels in Britain, health experts say. ALASTAIR GRANT/THE ASSOCIATED PRESS

Booze. Famous for its pub culture, Britain is paying $4.4 billion a year in alcohol-related health costs

The girls slumped in wheelchairs look barely conscious, their blond heads lolling above the plastic vomit bags tied like bibs around their necks.

It's an hour to midnight on Friday, and the two girls, who look no older than 18, are being wheeled from an ambulance to a clinic set up discreetly in a dark alley in London's Soho entertainment district.

They're the first of many to be picked up on this night by the ambulance, known as a "booze bus," and carried to the clinic — both government services dedicated to keeping drunk people out of trouble, and out of emergency rooms.

Binge drinking has reached crisis levels in Britain, health experts say, costing the cash-strapped National Health Service $4.4 billion a year, including the cost of hospital admissions related to booze-fuelled violence and longer-term health problems. Unlike all other major health threats, liver disease is on the rise in Britain, increasing by 25 per cent in the last decade and causing a record level of deaths, according to recent government figures.

Such public displays of extreme drunkenness are inexplicable and shocking to many foreigners living in Britain, even those who hail from heavy drinking cultures.

Doctors believe rising obesity is combining with heavy drinking to fuel the spike in liver disease, which is hitting more young people than ever.

Prime Minister David Cameron has declared binge drinking a national "scandal," and the government is seeking to curb the excess by introducing a minimum price. THE ASSOCIATED PRESS

No shame

At home "it's embarrassing to be drunk. Here it's kind of something you brag about."

Kaisa Toroskainen, Finnish graduate student

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Cancun	Travel Jun 9 - Jun 16/ts	$118 + taxes & fees $346
London	Travel Jun 12 - Jun 20/wg	$129 + taxes & fees $468
Jamaica	Travel Jun 2 - Jun 9/ts	$179 + taxes & fees $359
New York	Travel Jun 5 - Jun 12/ws	$198 + taxes & fees $133
Vancouver	Travel Jun 26 - Jul 1/ts	$239 + taxes & fees $233
Paris	Travel Jun 4 - Jun 22/ts	$272 + taxes & fees $526
Miami	Travel Sep 12 - Sep 26/ws	$329 + taxes & fees $140

Europe

Amsterdam Air + First 2 Nights $295

Blyss + taxes & fees $497

INCLUDES accom near Vondelpark and the Van Gogh Museum. Departs Jun 10/swg/ts.

London Air + 5 Nights $427
President Hotel + taxes & fees $580
INCLUDES Russell Square accom. Departs May 21/vat/ts.

Dublin Air + First 2 Nights $550
Jurys Inn Parnell Street + taxes & fees $471
INCLUDES Temple Bar accom. Departs May 23/vat/ts.

Venice Air + First 2 Nights $611
Ambassador Tre Rose + taxes & fees $478
INCLUDES central accom, near San Marco Square. Departs May 25/swg/ts.

May Long Weekend

Haliburton 2 Nights $208
Pinestone Resort and Conference Centre taxes & fees included
INCLUDES accom in the Haliburton Highlands. Travel May 19/ggv.

Muskoka 2 Nights $239
Christie's Mill Inn and Spa taxes & fees included
INCLUDES accom in Port Severn along Georgian Bay. Travel May 19/ggv.

Cruises

Mediterranean 7-Night Cruise $299 USD

Adventure of the Seas + taxes & fees USD $60

CRUISE roundtrip Malaga and visit Valencia, Civitavecchia (Rome), Florence/Pisa and Ajaccio. Sails May 26/rci. UPGRADE to oceanview stateroom for $14 per night.

Bahamas 3-Night Cruise USD $199
Monarch of the Seas + taxes & fees USD $76
CRUISE roundtrip Port Canaveral and visit Nassau and CocoCay. Sails Sep 28/rci. UPGRADE to oceanview stateroom for $13 per night.

All-inclusive Vacations

Punta Cana
7 Nights 4-Star $365
Grand Paradise Bavaro + taxes & fees $390
Departs May 28/swg/wg.

Varadero 7 Nights 4-Star $377
Arenas Doradas + taxes & fees $276
Departs May 31/nol/c6.

Panama 7 Nights 4-Star $427
Royal Decameron + taxes & fees $314
Departs May 28/nol/c6.

USA

Miami Air + 3 Nights was $~~416~~ now $399

Deauville Beach Resort + taxes & fees $127

INCLUDES Miami Beach accom. Departs Jun 11/ggv/ws. UPGRADE to 4-star Doral Golf Resort and Spa for $27 per night. ADD Jungle Island for $49.

Washington
Air + 3 Nights was $~~449~~ now $394
Holiday Inn Capitol + taxes & fees $123
Departs Jun 15/ggv/ua. UPGRADE to 4-star Hotel Liaison for $15 per night. ADD 3-day compact car rental with unlimited mileage for $81.

Chicago
Air + 3 Nights was $~~467~~ now $414
Essex Inn + taxes & fees $125
INCLUDES accom near the Magnificent Mile. Departs Jun 17/ggv/ua. UPGRADE to 4-star Westin Michigan Avenue for $23 per night. ADD hop-on, hop-off trolley for $25.

New York City
Air + 3 Nights was $~~661~~ now $625
Manhattan at Times Square + taxes & fees $124
INCLUDES Manhattan accom. Departs Jun 25/ggv/aa. UPGRADE to 4-star Grand Hyatt New York for $28 per night. ADD Empire State Building entry for $21.

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RCMP acted reasonably at G20, watchdog says

Operational guidelines.
Report recommends better co-ordination between RCMP, other forces at future events

A woman reacts as RCMP officers dressed in riot gear encircle and detain hundreds of people in Toronto on Sunday June 27, 2010. THE CANADIAN PRESS/CHRIS YOUNG

The RCMP acted in a "reasonable and appropriate" fashion during the Toronto G20 summit marred by violence and mass arrests, says the watchdog that keeps an eye on the national police force.

In its long-awaited investigation report, the Commission for Public Complaints Against the RCMP says there were no incidents of unreasonable force by the Mounties.

It also found RCMP planning was thorough, placement of security fencing justifiable and intelligence-gathering done with attention to the rights of demonstrators.

In addition, there was no indication that RCMP undercover operators or event monitors acted out of line or as agents provocateurs, the commission says in its report released Monday.

G8 leaders gathered in scenic cottage country near Huntsville, Ont., in late June 2010 before joining other politicians for the G20 summit in downtown Toronto.

Municipal police officers were responsible for most of the front line street duties at the G20, but the RCMP was a key player in summit security planning, co-ordination and protection of foreign visitors.

"As you can appreciate, with thousands of members of the RCMP and other police services coming into Toronto for this event, that co-ordination is vital," said Ian McPhail, interim commission chairman. THE CANADIAN PRESS

Kettling

Though Mounties were involved in three incidents of kettling — or boxing in — protesters, contrary to RCMP policy, they acted reasonably on orders of the Toronto police in charge, says the commission report.

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Palestinians agree to end hunger strike

Held by Israel. The agreement ends a standoff that left some clinging to life; thousands demonstrated

Hundreds of Palestinian prisoners agreed Monday to end a hunger strike after winning concessions from Israel to improve their conditions and limit detentions without trial.

The two sides announced the agreement resolving a standoff that united Palestinians behind one of their most emotional causes.

The deal ended one of the largest prison protests ever staged by Palestinians.

Two men had refused food for 77 days, the longest ever Palestinian hunger strike, leaving them in life-threatening condition, according to supporters.

Quoted

"This deal was a serious mistake, instead of making things tougher for the terrorists they are giving them gifts."

Danny Danon, an Israeli lawmaker from the ruling Likud Party

With Palestinians set to hold an annual day of mourning on Tuesday, both sides were eager to wrap up a deal to lower tensions.

The Palestinian people are marking what they call the "nakba," or "catastrophe," the term they use in describing the suffering that resulted from the establishment of Israel, 64 years ago. The deal was signed on Monday.

THE ASSOCIATED PRESS

Palestinian activists inside the Socialist headquarters in Paris on Monday, demand the release of Palestinian prisoners in Israel. CHRISTOPHE ENA/AP PHOTO

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Vatican mystery. Police investigate mobster's remains in church crypt

Forensic police swarmed the crypt of a Roman basilica on Monday to exhume the body of a reputed mobster as part of an investigation into one of the Vatican's most enduring mysteries.

Investigators were looking into the 1983 disappearance of the teenage daughter of a Vatican employee.

Medical experts took samples from the remains of Enrico De Pedis and also took boxes of old bones from the nearby ossuary, according to a De Pedis family lawyer, as part of the investigation into whether Emanuela Orlandi may have been buried alongside him.

Orlandi was 15 when she disappeared in 1983 after leaving her family's Vatican City apartment.

THE ASSOCIATED PRESS

Strange crypt

Orlandi's brother, Pietro, who was at the scene, said samples from De Pedis' body had been taken for further tests and the tomb re-closed. He said the corpse was in relatively good condition, but there was only one body, a male.

Poison plot?

Dalai Lama fears China trying to assassinate him

China accused the Dalai Lama of being deceitful Monday after he alleged that Chinese agents trained Tibetan women to assassinate him by planting poison in their hair for him to touch during blessings.

THE ASSOCIATED PRESS

Newark airport

Staffer arrested

A security supervisor at the Newark, New Jersey, airport has been arrested on a charge he was using the identity of a murdered New York City man.

The man was killed 20 years ago.

Charged is Bimbo Olumuyiwa Oyewole known to co-workers as Jerry Thomas.

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Snowfall hits Bosnia after hot May weekend

Wacky weather. Cold spell following unusually warm spring forecast to last at least until middle of next week

By the numbers

50

Some 50 remote villages in a mountainous area near the Bosnian capital of Sarajevo lost power due to the snow.

Sunbathing one day, snowstorm the next: Bosnians are getting whiplash from the latest crazy weather to hit the Balkans.

Weeks after Bosnians had stashed away their winter clothes and their memories of last winter's unbearably heavy snow, residents had to drag out the shovels Monday after waking up to a blanket of snow in the middle of an otherwise unusually hot May.

The unseasonal weather followed a week of summer-like temperatures with 27 Celsius registered in Sarajevo on Saturday.

Temperatures hit 5 C on Monday, causing traffic jams as people struggled to get to work.

The cold spell is forecast to last until at least the middle of the week, when the snow is expected to be replaced by heavy rain.

THE ASSOCIATED PRESS

Snow on the roads near Sarajevo, Bosnia, on Monday makes driving tricky. AMEL EMRIC/THE ASSOCIATED PRESS

Woman with flesh-eating bug communicating with parents

The parents of a young Georgia woman battling a flesh-eating bacterial infection said Monday they've learned to read lips and are now able to communicate with their daughter despite a breathing tube in her throat.

Speaking on NBC's Today show Monday, Andy Copeland says his daughter Aimee told them she was thirsty, and that ice cream is the first thing she wants when she's able to eat on her own.

"We just take it each day at a time," he said. "My daughter's strong, she really is."

Aimee Copeland, 24, has already lost most of one leg and will lose her fingers, but doctors hope to save the palms of her hands, which could allow her to someday use prosthetics, her father said in an online update.

"Aimee is alert and trying to mouth questions," Andy Copeland wrote on a website created to provide updates to friends and supporters. "Her breathing tube has been reoriented to increase her comfort and allow them to try to read her lips.

"She also asked, 'What happened?' and 'Where am I?' "

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Pre-paid wireless

Bell sued for $100 million over expiry dates

Bell Mobility and its parent company, BCE Inc., have been served with notice of a $100-million class-action lawsuit alleging that expiry dates on its pre-paid wireless services are illegal.

The suit alleges the practice is contrary to Ontario's Consumer Protection Act and the pre-paid wireless services should be treated as gift cards without an expiry date under the act.

The suit is being handed by the Toronto law firm of Sack Goldblatt Mitchell LLP on behalf of Celia Sankar of Elliot Lake, Ont. Sankar, founder of the DiversityCanada Foundation, a non-profit organization that promotes social justice, is a Bell Mobility pre-paid wireless customer who has had her credit balance seized on two occasions. THE CANADIAN PRESS

Canadians confident in job security: Survey

Economic climate. Survey suggests 75 per cent are 'extremely secure' about their jobs; but one in three are dissatisfied with their career progression

A new survey of employees suggests tough economic times are taking a toll on career paths and job satisfaction.

The survey conducted by Harris-Decima Research on behalf of Ceridian Canada suggests there are significantly more workers than last year who believe they will not be getting a pay boost, bonus or promotion in the next year.

And four in 10 say they believe their employer is using the bad economy as an excuse to deny them a promotion or more money.

The level of dissatisfaction was somewhat surprising given that on the question of whether respondents felt secure in their job, 75 per cent said they were "extremely secure" or not concerned about losing their job.

"There were some surprising findings," said John Cardella, Ceridian's vice-president of human resources.

"Canada hasn't been as hard hit as some other countries, but having said that, the fact that one in three are dissatisfied with their career progression clearly states that employers need to do more if they want to retain their top talent."

He points out that 27 per cent of the respondents who said they were unsatisfied had left their job as a result.

Harris-Decima polled 800 employed Canadians in early March. Human resources firm Ceridian said one of the interesting findings is that employees who are given performance reviews tended to be more satisfied. Cardella said that is likely because they felt "connected" to the business.

The survey found on the job satisfaction indicators, there has been a dramatic shift downward in attitudes.

Eighty-five per cent of the 800 polled say they don't expect a promotion for another year, compared to 39 per cent in 2011, and 43 per cent say they don't expect a salary increase, compared to 27 per cent 12 months ago.

Overall, 31 per cent expressed dissatisfaction with their career progression, eight percentage points higher than a similar survey conducted in 2011. THE CANADIAN PRESS

Greece to leave eurozone? You bet

It's getting harder and harder to bet on Greece.

No, that's not some philosophical statement on the state of the country's economy and politics. Instead, two major British oddsmakers have stopped taking wagers on whether the country will leave the eurozone.

The reason? Greece's exit has become so likely that gamblers weren't bothering with the paltry payoffs on offer.

"You're not going to be getting rich on a 1-to-3 payout. We've had to slash the price so much that people just weren't betting on it," said Jessica Bridge of Ladbrokes. That 1-to-3 payout means you had to fork over $3 for every dollar in potential winnings.

A house painter looking for casual employment sits in the shade of a bus stop as he waits for customers in Athens, Greece, on Monday.
PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

When Ladbrokes first began taking bets on the likelihood of Greece ditching the euro by 2014 earlier this year, the price was 4-to-6, Bridge said.

The decision to bail on accepting Greece-related wagers came after the recent national election there, said Bridge. The election gave the balance of power to parties against austerity measures meant to secure more bailout money.

William Hill, another major British oddsmaker, has also decided to stop taking bets. If you still feel like gambling on Greece's potential exit, you need to go to Intrade, a site favoured by political junkies where you can wager on political and financial prospects.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR 99.71¢ (-0.2¢)

Natural gas: $2.431 US (-7.8¢)
Dow Jones: 12,695.35 (-125.25)

TSX 11,488.61 (-206.14)

OIL $94.78 US (-$1.35)

GOLD $1,561 US (-$23.00)

Banking. Guidelines set for mobile payments

Canada's financial institutions say they've developed voluntary guidelines for mobile payments that will work with technology already in place.

The Canadian Bankers Association says the guidelines are designed to work with the same security standards used by chip-enabled credit and debit cards and using the same hardware employed for non-touch cards.

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CATS AND THEIR CURIOUS APPEAL

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I take a lot of flak for being a "cat person." Over the years, cats have been stigmatized as antisocial creatures favoured by spinsters and compulsive hoarders. If dogs are man's best friend, cats are like a weird creepy aunt you try to avoid at dinner parties.

In actuality, cats are quietly cool creatures. Dogs are needy companions desperate for your affection, whereas cats are a low-maintenance alternative. They won't leap against you when they enter your home or mount your leg in an unwelcome bout of excitement. They're independent and effortlessly playful in a way that doesn't scream, "Look at me! I'm trying so hard!"

Nowhere is the unintentionally comical nature of cats more evident than online. The Internet LOVES cats. Cat videos are almost as pervasive as pornography, and the comical lolcats meme has a devoted fan following. If you own a computer, there's no doubt you've seen these humorous image macros, which combine photos of felines with misspelled and grammatically incorrect captions.

Recently, Kate Miltner from the London School of Economics earned international attention for her 98-page dissertation on the popularity of lolcats. Miltner spoke about her work at the Massachusetts Institute of Technology earlier this month during an Internet culture conference. That's right, a scholarly discussion about funny cat pictures happened inside the walls of MIT.

Saucer of milk, Table 2

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

For many urbanites, full-time pet ownership is out of the question. If you work long hours and live in a highrise with restrictions on animals, spending time with rented felines is a convenient alternative.

The cafés attract men and women of all ages who are eager to hang with cats while enjoying their food and drink purrrr-chases. Some establishments even cater to specific tastes, diversifying their offerings by breed, colour and weight.

For allergy sufferers and germaphobes, a café full of prowling cats might seem like a complete nightmare. But if you hasten to roll your eyes and compare visiting a cat café to brunching in the elephant enclosure at the zoo, you're missing the point.

Cities are lonely at times, and cat lovers can find themselves alienated in a culture that tends to favour canines. You have your leash-free dog parks, we can haz our cat cafés.

Kitty coffee shops are all the roar. BRUCE BENNETT/GETTY IMAGES

Hello, this is your pilot sleeping

Aviation safety

Angry pilots tired of proposed law

Pilots say they're literally losing sleep over new job rules. More than 300 airline pilots and cabin crew from across Europe protested Monday outside the European Aviation Safety Agency in Cologne, Germany, over a proposed EU law on working hours that trade unions claim could lead to increased air fatigue. **METRO WORLD NEWS**

Pilots' view

"The proposals are not based on scientific evidence. Twice we have recommended changes and twice they have rejected them."

Philip von Schöppenthau, secretary general of the European Cockpit Association (ECA)
The ECA claims the latest draft law is "insufficient to protect passenger safety and reflects the airlines' commercial demands rather than scientific recommendations."

Agency's view

"No one has a monopoly in science.... These proposals are based on the best practice available."

Dominique Fouda, safety information and communications officer at the EASA
Fouda told Metro that discussions on the proposals are "still ongoing" and "two rounds of public consultation, including comments from pilot groups" have been considered for the proposed law.

Metropolitan Panel

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Microchipping kids: the best way to keep them safe or helicopter parents spinning out of control?

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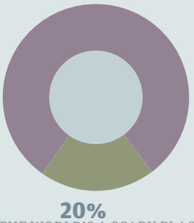

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@davidnoble:
People across the land: please take note. MT @trelayne: QC student protesters just caused Education minister to resign. Power. #cdnpoli

@LisaTx0:
Unlike many I don't want to just get money. I want to work for what I have... only then will these things have meaning.

@MoNe_Q:
Week just started & I'm already looking forward to the long weekend. Thank God for Victoria Day & whatever it is Canadians are commemorating

@everytingCHRIS:
Urban infatuation... I'm in love with the city, perhaps not unlike your own.

metro

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MAY 15, 2012

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Brooklyn Decker isn't just a pretty face — the former Sports Illustrated swimsuit model has been landing plenty of acting gigs. HANDOUT

Brooklyn Decker toughens up for role in Battleship

Action-acting 101. Model-turned-actress had to prove her mettle in front of director Peter Berg

NED EHRBAR
Metro World News in Hollywood

After making the jump from modelling to film with the Adam Sandler comedy Just Go With It, Brooklyn Decker has been getting something of a crash course in moviemaking. And her latest, the big budget alien invasion film Battleship — based loosely on the board game — provided some particularly physical lessons.

"I was shooting another movie at the time, and I actually got a set of sides and was told that Peter Berg was directing and I couldn't see a script because it was very secretive at the time," she says, noting that Berg — director of films like Hancock and Friday Night Lights — was enough.

"At the mention of the name Peter Berg, I wanted to audition for it. And so I sent in a tape from location, and then I went to L.A. and auditioned for it three times after that. And then finally I got to actually read with Pete. And I think he wanted to see how tough I was."

How tough are we talking? Let's just say that, to hear Decker tell it, Berg has a rather unique directing style.

"He's known for having a way with directing actors," she says.

"I mean, he'll put himself on the line to make sure he gets what he wants from you in a scene. There were times when he would be screaming along with me, there were times when he would fire a machine gun off in the bushes to get a reaction he wanted."

While Decker's character doesn't actually spend any time on the water, director Berg, for his part, doesn't think that makes her any less important to the story.

"Battleship has a lot of different elements, and Brooklyn is a huge a plot of the film that has nothing to do with ships," he says.

"She's on land fighting for her life with a double-amputee. It's this crazy duo. Brooklyn plays a physical therapist with this wounded warrior from the military, and to me that's a huge part of the film. What's happening on sea is a huge part of the film, the global reaction's a huge part of the film, Obama's a huge character in the movie — his reaction is a part of it."

Action-packed?

Decker just wants good characters

So with an action flick under her belt, is Decker looking for more explosions or heading back to comedies? (She also has the explosion-free What to Expect When You're Expecting due out this Friday.) "You know, I just want to play really good characters and work with really good directors," she says.

"For example, if you look at all the female characters in Pete's movies, they're so dynamic. You never see a woman in his movies play the damsel in distress. He usually makes women really well-rounded, and if I get a chance to continue playing characters like that, I'll be a very, very happy lady."

2 SCENE

Scene in brief

Premiere

Actor Chris Hemsworth has two things to celebrate. He was at the world premiere of his new movie Snow White and the Huntsman Monday night, with co-stars Charlize Theron and Kristen Stewart in London. And it's his first red carpet event since becoming a dad. Hemsworth's partner, Elsa Paraky, has given birth to a daughter named India. The Australian actor says he's really happy in his new role as a father — just a little tired. In Snow White and the Huntsman he plays a less paternal role, as the huntsman who is sent to kill the fairy tale princess (Stewart) by the wicked queen (Theron).
THE ASSOCIATED PRESS

On the web

Fox moves Glee to Thursday, turns Tuesday into comedy night

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Chronicle

Director. Josh Trank

Stars. Dane DeHaan, Alex Russell, Michael B. Jordan

A spooky lo-fi sci-fi tale of power corrupting, in which director Josh Trank and screenwriter Max Landis display enough raw talent to suggest better things to come. Introverted Seattle teenager Andrew (Dane DeHaan) has a plan for dealing with bullying at home and school, plus the mental stress of his mother's terminal illness: he'll document it all with the absurdly large camera he's just bought. The filmmakers don't need the Blair Witch-style found-footage conceit. It's become both a crutch and an annoyance. Chronicle would still captivate without it, especially when you have a cast as strong as this one.

PETER HOWELL

Rampart

Director. Oren Moverman

Stars. Woody Harrelson, Ben Foster, Sigourney Weaver

LAPD Rampart division cop Dave Brown (a brilliant Woody Harrelson) has such a large chip on his shoulder, it's a wonder he can stand. From behind his aviator shades and constant smirk, Brown views the world the same way Rampart director Oren Moverman sees the urban landscape: bleached of colour and definition. Accused of being racist, Brown angrily replies: "I am not a racist . . . I hate all people." Brown is a chauvinist, but he lives in the same home as his two ex-wives, two sisters whom he's fathered children with. He's a tragic figure, almost Shakespearean in his inability to see the morass he's fallen into, which gets deeper by the minute.

PETER HOWELL

Van Winkle keeps his remarks on 'ice' on Canada Sings

Season two premiere. Judges face tough decisions in amateur singing competition for charity

IAN GORMELY
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Season two of Canada Sings, where teams of everyday Canadians compete for a chance to win $25,000 for their favourite charities, premieres tonight. Judges Vanilla Ice (aka Rob Van Winkle) and new addition and former Lady Gaga choreographer Laurieann Gibson recently sat down with Metro to chat about the new season.

What made you want to return for a second season?

Van Winkle: I came back because season one was magical.

But the charity is a big part of why I'm here in the first place. I was pumped that they called me for season two.

What drew you in, Laurieann?

Gibson: When you do this in real life, like I creative-direct, you do one reality show and you become really cautious about that line, that reality line.

But when I found out what the show was about, I was like, "Wow, how incredible."

This being an amateur competition for charity, do you find it difficult to make judging decisions?

Van Winkle: It makes our job hard. I'd much rather be on a Simon Cowell show where it's like, "Well, that sucked." On season one, I didn't get it. For the first couple of shows, you have to get in there, marinate and figure it out.

Gibson: [The competitors] want to know that they did the best that they could do, and that an expert was like, "Oh my goodness, that felt like a Grammy performance." It's so empowering.

So as judges, you do have to pull your punches a bit.

Van Winkle: We hold back, but deliberations, which they filmed this year, nobody else is supposed to hear that. We hope they didn't throw us under the bus too bad. We know they're not professionals. We could critique the heck out of them and point out the flaws. But we're here to see the journey these people went on to come out of the work environment to put on a great show for a good cause.

Does watching them remind you of your first time performing on television?

Gibson: We came out the womb performing!

Van Winkle: I couldn't even afford a video. I had to borrow money to make the Ice, Ice Baby video.

My song was already number one before anyone even knew I was white.

When I saw myself on TV, I was like, "Wow." I was only 16. I can't really remember. Everything took on a life of its own.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hit me baby: Britney joins X Factor

THE WORD
Dorothy Robinson
scene@metronews.ca

Simon Cowell and L.A. Reid finally have some company at The X Factor judges' table. At their upfront presentation yesterday, Fox confirmed the rumors that Britney Spears and Demi Lovato have signed on to the singing competition's second season. Lovato is a harmless relief, considering Miley Cyrus' vacant little smirk was in the running. And in theory, Spears makes perfect sense: she's a former high-profile star ready for a comeback, especially one with some disaster insurance. But, even though we've watched her make Starbucks runs in her pajamas, we can't say with certainty that we've ever heard Britney Spears talk.

Tyson Beckford bares all

Tyson Beckford doesn't want you to watch his sex tape, but it's not because he's embarrassed about it. After a tape of him performing solo hit the market, the former Polo model took to Twitter. "Don't even faze me. We all do it, just mine got caught on film," he said of the footage, which was intended for the sparkly eyes of a fellow model friend.

Rumour has it: Adele prefers to keep a low profile

She may have a best-selling album that has earned her eight Grammy awards, but there's one part of success that Adele wishes she could avoid all together. "I don't want to be a celebrity. I don't want to be in people's faces," she tells Matt Lauer during an interview for the Today show. "I've managed to stay out of the public eye. The other day I walked through Trafalgar Square on a Sunday afternoon, a tourist haven. I was a bit worried — I was in my pajamas as well because I had been working the day before — (but) nobody recognized me."

Quoted

"I don't want to be a celebrity. I don't want to be in people's faces."

Adele

John Travolta

Travolta debacle continues as one accuser opts for private trial

There will be no public trial for at least one of John Travolta's accusers, as both sides have agreed the case should be heard by a private judge behind closed doors in mediation, according to Radar Online. The accuser in question was the second of four to come forward in the past week claiming inappropriate behavior by the Grease star during a massage. "(Lawyers for both sides) are working on the ground rules for the evidence and procedure about about how the mediation will proceed," a source says.

June wedding likely for Drew Barrymore and her beau

Drew Barrymore hasn't been very vocal about her plans, despite having a fiancé and a growing baby bump, but if a recent shopping excursion is any indication, her wedding to Will Kopelman is on its way, according to Us Weekly. Barrymore recently visited a Manhattan bridal shop — with her future mother-in-law in tow — and was spotted trying on veils. Barrymore is expected to tie the knot next month.

Drew Barrymore ALL PHOTOS GETTY IMAGES

Twitter

@ElizabethBanks
It's fine to have a nutter butter for breakfast if it's from bouchon bakery, right?

@SimonCowell
As the moon is so close to the earth I think it's making a few people go nuts. Good news is it's not close for long - my thought for the day

@lindsaylohan
sorry! doing a bunch of things on the internet at once!!! xo

@ConanOBrien
I'm just like the Hulk, except when I'm mad, I get dry mouth.

Jessica Simpson's baby is a fashionista thanks to mom

Jessica Simpson is loving being a new mom, though having a baby at home as led to at least one new problem: "I'm addicted to buying headbands with massive flowers for Maxwell on Etsy," Simpson posted on Twitter about her newborn daughter. "She is insanely beautiful, I can't help but play dress-up." Online shopping addictions aside, a source close to the family says Simpson is knocking it out of the park when it comes to parenthood. "Jessica is doing great and is really happy," the source tells Us Weekly.

Jessica Simpson

3 LIFE

New website

Scoliosis Resource Centre

The Hospital for Sick Children – with the help of nurses, physicians, parents and teens – has developed the Scoliosis Resource Centre, a website for people diagnosed with scoliosis, a curvature of the spine that can lead to pain, cosmetic concerns and further health complications.

"The Scoliosis Resource Centre was based on extensive interviews with teens and families to determine exactly what information they needed to make important decisions about scoliosis surgery," said Dr. James Wright, surgeon-in-chief at SickKids.

The site provides accurate and Canadian-based information about: what to expect before, during and after scoliosis spinal fusion surgery, coping with emotions, personal video stories, before-and-after back photos, step-by-step description of the surgery and an animation of the surgical procedure.

The information for the site was compiled through the help of physicians, nurses, parents and teens. To learn more about scoliosis surgery, visit www.aboutkidshealth.ca/scoliosis.

METRO

On the web

Blue Jays starter Brandon Morrow and country singer George Canyon urge diabetic kids to chase dreams

Walking

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Walking is like a miracle vitamin, because doing enough of it is guaranteed to help you drop a clothing size, banish blue moods, help you get more sleep, slash your risk for heart disease and cancer, and spice up your sex life.

Best Health magazine has just come out with a book called the Swap & Drop Diet, and in addition to its ideas about how simple food swaps that can really add up over time to weight loss, we included an all-important section on walking for fitness.

It's not just Dr. Oz who recommends getting 10,000 steps a day: ParticipAction does, too, right here in Canada. And so does our Swap & Drop Diet. The reason for that magic number is that research proves walking at this level will burn enough calories to reduce the risk of obesity and chronic disease.

The easiest way to reach that 10,000 number and beyond is to wear a pedometer. Once you see how many steps your regular day adds up to, begin to gradually increase that number by 300 to 600 steps a day.

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The 'OMG Diet' fact vs fiction

Venice Fulton. Sport scientist's bestselling e-book promises to get you skinnier. We asked a doctor if the program is healthy enough to trust

ROMINA MCGUINNESS
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Summer is fast approaching, leaving you little time to achieve beach-body perfection. But sports scientist and author Venice Fulton warns that a restrictive diet promising rapid weight loss isn't the answer. "People need a diet that will preserve long-term health and the only way we can do that is by making them experts in understanding how food and their life interact," he says.

Combining nutrition, biochemistry, genetics and psychology, Six Weeks to OMG promises you'll shed the pounds. Curious, we asked nutritionist Dr. Carson Liu to weigh in on the plan.

Skip breakfast

Eating a morning meal around 10 a.m., instead of breakfast increases fat burn: "Skipping breakfast allows you to burn off excess body fat as it's the one time in the day your system is running on empty and moving around," Fulton says. Ideally, you should eat three hours after you wake.

What the doctor says: No way! Eating breakfast helps you lose weight and prevents you from binge-eating at dinner.

Drink black coffee

Caffeine promotes weight loss by boosting the central nervous system by stimulating the fight or flight response using adrenaline. This forces fat cells to empty their contents into the blood and these free fatty acids are then transported to your muscles and used as fuel. This only works if you're drinking on the go, warns Fulton.

What the doctor says: Yes! The caffeine in coffee increases metabolic rate and suppresses appetite. As a diuretic, coffee will also cause you to lose water weight.

Focus on satiety

We tend to overeat carbs when we should be having no more than a 40-gram portion with each meal. Size-wise, that's the equivalent to a stack of four iPhones. Protein (any source) should take up half. Just don't restrict yourself. "When you restrict something from your diet, the more obsessively you will focus on it," adds Fulton.

What the doctor says: Yes! Cutting a certain food from our diet will only make us crave it.

Sleep in

Big sleepers are slimmer and generally healthier than those that survive on little sleep. You must wake up refreshed, claims Fulton. "Deep sleep lets the thyroid reset itself and get to full speed once you wake. When your thyroid is high, your metabolism at full pace."

What the doctor says: Yes! Sleep also helps keep stress hormones down: they are released from the adrenal glands.

Go skinny-dipping

Take a 15-minute cold bath in the morning. "Cold water makes the body panic, shifting your metabolic rate into overdrive as heat production is increased in order to protect the core organs," says Fulton.

What the doctor says: Yes! Exposing the body to cold temperatures does increase metabolic rate.

Fulton's Top 3 diet tips

1. **No more cheat days: You can't be strict on yourself at all times, but cheat meals/days mean you risk becoming obsessed with treats and you may overdo it.**
2. **Hunt and wait. Move around for 15 minutes before eating a meal. This will prime the body to receive the food.**
3. **Control cellulite: Our skin can be damaged by too much sugar. Improve skin by eating carbohydrates in moderation.**

Superfood

Berries fuel brain, new study reveals

A recent study shows that berries help keep your brain sharp. Researchers at Brigham and Women's Hospital in Boston found that older women whose diet included a high intake of flavanoid-rich berries (such as strawberries and blueberries) could delay memory decline by 2.5 years. METRO WORLD NEWS

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Funnyman McKenna on a mission to show Lupus is no laughing matter

Speaking out. Veteran comic actor gets serious about raising awareness of disease affecting Canadians

CELIA MILNE
life@metronews.ca

Patrick McKenna, one of the funniest guys on Canadian television (perhaps best known for playing the ultra-nerdy, buck-toothed Harold Green in the long-running Red Green Show), is helping raise awareness for a decidedly unfunny topic — lupus.

Lupus has been a shadow in McKenna's life because his mother, who is now 75, has had the disease for about four decades. The family didn't know what it was for many years; her symptoms were baffling. "She just generally felt like she wasn't herself," says McKenna. "We only knew that she couldn't go out in the sun and didn't like standing in lineups."

Lupus is a serious disease, but tricky to diagnose. It has been dubbed "the disease of a thousand faces" because symptoms differ so widely from person to person. Until recently, the disease was very isolating. "People suffered in silence. There was not a lot of vocabulary around it," McKenna says.

Comedian Patrick McKenna STEVE RUSSELL/TORSTAR NEWS SERVICE

McKenna and fellow comedians Colin Mochrie and Debra McGrath are helping Lupus Canada raise the profile of the disease. "If there is awareness, then there is discussion and if there is discussion, there are answers," he says.

Lupus is an autoimmune disease, meaning that the body's immune system, which is designed to fight foreign invaders, turn inwards and attacks the body's own cells. The resulting inflammation can occur in many different places — the skin, muscles, joints, blood vessels, lungs, heart, kidneys or brain.

While there's nothing comical about any of this, McKenna hopes that people with lupus find comfort from each other as they connect and tell their stories. "Tragedy plus time equals comedy," he says. "Right now, we're still in the tragedy part. The funny will come."

There are walks to raise awareness of lupus all over Canada. Go to walkforlupus.ca for more information.

Lupus at a glance

- Lupus often mimics many other illnesses.
- Lupus affects nine times more women than men.
- The cause of lupus is unknown.
- Symptoms include: joint pain and swelling; fatigue; unusual reaction to sunlight; rash; sores in the mouth; chest pain; swollen feet and weight gain.

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You should only go to the restroom before, or after, your meal. ISTOCK

Advice

When nature calls, don't answer

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Recently I read an article in a publication offering social advice and the question was "Is it correct to excuse yourself from the dinner table to use the toilet?"

After reading the writer's comments, I was rather incensed at the sarcasm and lack of detail of the article. So I have decided to address this particular question myself.

Firstly, there is a rule about leaving the table: adults should not leave unless it is an unavoidable circumstance.

I think it is important to not just know a rule, but also to understand the reason it exists. So here are the five reasons why one does not leave the dinner table.

1. It is not appropriate to ever leave the table to use the toilet during a meal, unless it is urgent — either go beforehand or hold it in.

2. When you leave the table, technically everyone at the table should stop eating or at least slow down and wait for you to return, thus everyone's food is getting cold and this disrupts the flow of the meal.

3. Although most people wash their hands in the restroom, the thought of a toilet and food one after the other is just not appealing.

4. A gentleman never leaves a lady alone at the table, if at all possible.

5. In the event that you must leave the table, do not ever leave your dinner napkin on the table.

It should be left on your chair, traditionally the seat, however for hygiene reasons, it is more common to leave it either on the back of the chair or the arm of the chair.

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Turn lunch on its head at This End Up

Fried Chicken Thigh Sandwich. STEPHANIE DICKISON

LUNCH RUSH
Stephanie Dickison
life@metronews.ca

Are you staring down at yet another soggy sandwich? With plenty of choices in the city, lunch doesn't have to be a drag.

This End Up's menu is full of fun options. Choose from decadent daily soups (White Bean and Salt Cod on the day I visited), intriguing sandwiches and indulgent sides.

Frito Pie ($7) — corn chips topped with chili, cheese, sour cream and green onions — is a fantastic idea. But with almost no chili, it's basically a serving of chips with garnishes.

The Fried Chicken Thigh Sandwich ($15) is a symphony of flavours and textures. Succulent meat is covered in a savoury KFC-like breading that you'll wish enveloped all your food.

Served on a bun with pickled celery and carrot, arugula, gochujang (Korean chili) sauce and blue cheese dressing, with salad or fries on the side, it's like having a modern indoor picnic.

Accompanied by handcrafted Salted Caramel and Pineapple Sodas ($2.65 each), you'll feel like a kid again.

Visiting the restaurant

This End Up

Address. 1454 Dundas St. W. (near Dufferin)

Website. thisendup.ca

Rating. 3.5/5

Business Lunch. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Farro Salad with Grilled Italian Sausage. Warm side dish offers protein

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

The trouble with so-called "ancient grains" is that though they have tickled the fancy of restaurant chefs, most of them remain under the radar of most home cooks.

However, many consider farro the easiest to cook and most versatile of the ancient grains. Farro has a robustly nutty flavour, a satisfyingly chewy texture, and it works well with numerous ingredients and cuisines.

Most farro — which is high in protein and low in gluten — sold in the U.S. and Canada is pearled, which means it has been hulled. This helps it cook faster.

1. Bring 1 L (4 cups) of salted water to boil. Add farro; cook 15 mins. or until grains are plumped and chewy. Drain and set aside.

2. Meanwhile, heat grill pan to medium-high. Add sausages and cook 10 mins., turning occasionally until browned on all sides. Cut into bite-sized pieces; set aside.

3. In bowl, whisk olive oil, lemon juice and pepper to taste. Mix in feta cheese. Add farro to bowl and mix well. Set aside for 5 minutes to cool slightly.

4. Stir in tomatoes, cucumber, green onions and oregano. Add sliced sausages and sprinkle with almonds to serve. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 250 ml (1 cup) pearled farro
- 4 sweet Italian sausages
- 50 ml (1/4 cup) olive oil
- 45 mL (3 tbsp) lemon juice
- Freshly ground black pepper
- 250 ml (1 cup) crumbled Feta cheese
- 6 plum tomatoes, diced
- 1 cucumber, peeled, seeded and chopped
- 2 green onions, diced
- 15 ml (1 tbsp) chopped fresh oregano
- 15 to 30 ml (1 to 2 tbsp) toasted sliced almonds

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'Hmm... That's interesting... I don't recall buying tickets to a hockey game in Montreal.' ISTOCK IMAGES

House hunting

Home-buying pressure won't always result in diamonds

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter @Lesleyscorgie

These days I find myself glued to my inbox waiting with great anticipation for the dingle of my next property-match email. Will it be 'the one?'

I sold my house and officially have 45 days to be out. Given the short timeframe, I feel a lot of pressure to buy. I've visited over 25 listings and still haven't found the right place. But I'm not going to cave and settle for a so-so property.

I find home hunting similar to selecting a life partner. You gather together your must-have criteria and begin the search. Under pressure, it's tempting to compromise on certain aspects of your criteria, like price or square footage, but that's rarely a good idea. A miscalculated choice can result in too much debt, unhappiness, a mediocre location or poor resale ability.

There are three home-buying criteria that can have a particularly large financial impact.

Location. Location is cited as the most important criteria for determining a home's value. Consider the proximity to downtown, commute times, access to transit, schools, grocery stores and bicycle paths. At a street-specific level, avoid high traffic, noisy roads or places that have awkward accessibility. Pick a desirable neighbourhood where homes sell at consistent fair prices and in reasonable timeframes.

House Price. Be realistic. Does your desired square footage, in a hot location, translate into a $2-million home when you can only afford $500,000? Overextending your borrowing will result in home poverty; not being able to afford anything but the mortgage payment. Compare prices in your desired location to ensure you don't overpay and put your equity at risk.

Condition. A proper home

A look at the pitfalls of financial infidelity

Spending and lying. It starts with a little fib about a big purchase. Next thing you know, your relationship is in tatters

YOUR MONEY
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One of my favourite blues CDs include tunes from the first half of the 20th century. They're sung by big-voiced women and mostly about lyin', cheatin', no- good men. In one song, the singer vows to cut her man "wide and deep" if she catches up to him.

I was playing the CD recently when I realized that while the theme of the songs was infidelity, it wasn't always about another woman, but rather money. "You took my money and you run, run, run/I'm gonna hunt ya down and you'll be done, done done."

Financial infidelity is as old as the other kind. And often, like the other kind, it starts relatively innocently — a small lie about a purchase or a deflection about a debt. At its worst, as television producer Carol Ross Joynt writes about in her 2011 book Innocent Spouse, one partner has a completely secret financial life. After her successful and wealthy restaurateur husband died suddenly of pneumonia, she discovered he owed $3 million to the IRS.

Most financial infidelity doesn't have such monumental consequences but if you are the victim, uncovering unpaid bills or a hidden cache of cash can slice through a relationship as effectively as an affair.

More than 23,000 people responded to recent survey by Today.com and Self.com revealing that 37 per cent of men and 56 per cent of women have lied to their partner about money.

A similar survey conducted in 2009 by Credit Canada Debt Solutions for Credit Education Week Canada indicated that there is considerable lyin' and cheatin' going on between partners about money.

To prevent your relationship from foundering on the rocks of financial infidelity, here are a few basic rules to follow:

1. Each person should have some 'fun money' completely separate from the household accounts.
2. Even after making a stupid purchase, reveal the true price to your partner.
3. If conflict over money is longstanding in your relationship, consider marital counselling to get to the heart of the problem.
4. If you are feeling victimized financially, ask yourself if you are actually enabling the other person.
5. If you are hiding money because you don't trust your partner's financial management skills, try credit counselling through a reputable organization such as Credit Canada Debt Solutions (creditcanada.com.)

Alison's money rule

"Financial infidelity is as damaging to a relationship as an affair."

Is ignorance really bliss?

A look at who's spending and telling in relationships:

- **28%.** Check with their spouse on every single purchase
- **6%.** Never tell their spouse what they spend on anything. (April 2012, Today.com/Self.com survey)

inspection can determine if the property is in rough shape. An inspector will look for cracks, mould, dampness, plumbing issues and other costly items that compromise the structural integrity of the property.

Major issues tend to result in unforeseen expenses and can decrease the value of the home, so steer clear. If the aesthetic condition isn't to your liking, determine whether there's room to add value (for limited cost) by renovating the bathroom, kitchen, painting, updating fixtures or replacing flooring.

A house purchase is a huge personal and financial commitment. Don't settle for second-best. Stick to your criteria and find something that's just right for you.

Don't settle for a house you only have lukewarm feelings about. ISTOCK IMAGES

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Engineering jobs for eco-minded millennials

Do-gooders. Celeste Baine's new book helps young engineers find meaningful work in their field

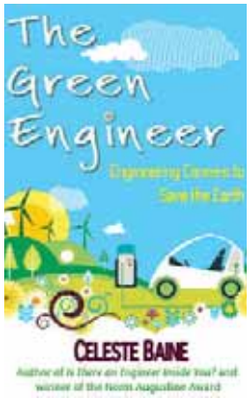
BRUCE WALSH
life@metronews.ca

Could environmental building construction be a match for your skills and passion to help others? ISTOCK IMAGES

For the past decade, Celeste Baine has been attempting to hook high school students on engineering.

Through her Oregon-based company, Engineering Education Service Center, she leads workshops for both students and teachers, develops curricula for middle and high school students and even sells kitschy engineering-themed pins and shirts on the EESC website.

She's also published more than two dozen engineering career guides.



Her latest — The Green Engineer: Engineering Careers to Save the Earth — explores a plethora of job opportunities in the eco-minded economy.

"I look at these career guides from a different perspective. I like to actively ask the reader: 'What is it that you really like to do?' and lead them to the kinds of engineering jobs that involve those things," says Baine.

"I feel like millennials are very altruistic. So this book is an attempt to match that altruism with a career in engineering."

In a brief 146 pages, Green Engineer profiles careers in alternative fuels, public transportation, environmental building construction, resources management and more. Each chapter includes a summary pinpointing specific jobs within the field and the training required for each of them.

"A lot of people don't think of engineering and sustainability as tied together. But almost every kind of engineering is dealing with questions of sustainability," says Baine.

"If students are interested in a green career, there isn't a specific degree they need. They should get out there and do the thing that is most fascinating to them, and link it back to green engineering when they're looking for employment."

Skills stretch?

Write your resumé with caution

WORKPLACE LAW
Daniel Lublin
dan@toronto-employmentlawyer.com
Twitter: @danlublin

Lying on your resumé can get you fired — or at least land you in very hot water. That is what Yahoo and its current CEO Scott Thompson learned last week when it was widely reported that he did not earn the computer science degree that his resumé claimed.

According to Thompson, an executive search firm added the degree to his resumé years ago and when it wrote his public biography, the story just stuck there.

Studies reveal that resumé falsification is actually a common event. Statistics suggest that as many as fifty per cent of all resumés contain some degree of distortion — from white lies to outright whoppers. So where will courts draw the line?

A few years ago "Doctor" Richard Clark applied for a job as a consultant with Coopers & Lybrand. In his application for the job, he represented that he had a PhD in applied mathematics, which helped him land the job.

Coopers sent a memo to all staff welcoming "Doctor" Clark and it distributed his credentials as part of business pitches to earn more work. However, a few years later, Coopers learned that Clark did not hold this degree and fired him immediately, arguing he would have never been hired had the firm known the truth about his resumé.

Clark sued but later lost, as both a trial judge and the Ontario Court of Appeal concluded that Clark could not benefit from his own wrongdoing.

Lying about academic qualifications is an extreme example. More often employees explain prior terminations for performance as "restructuring" just as they will find an excuse to avoid proffering their former boss as a reference. Neither of these explanations are technically true and most of the time they go unchecked.

In order for these types of lies to amount to cause for dismissal, it must be shown that the employer based its decision to hire, in part, on those statements.

The law implies that not every act of dishonesty can lead to termination. Often, context can come before content and a mere error in judgment can be overlooked. However, when it comes to a resumé, it's still best to stick to the truth.

'What I meant to say was...'

"Studies reveal that resumé falsification is actually a common event. Statistics suggest that as many as fifty per cent of all resumés contain some degree of distortion — from white lies to outright whoppers. So where will courts draw the line?"

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN. REACH HIM AT DAN@TORONTO-EMPLOYEMENTLAWYER.COM AND FOLLOW HIM ON TWITTER @DANLUBLIN.

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A WORLD OF POSSIBILITIES

Chief accuser takes stand in Clemens trial

MLB. Prosecutors get to heart of case as McNamee testifies he injected pitcher with steroids at SkyDome

Speaking softly, nervously and in detail, Brian McNamee testified about the life-changing moment when, he said, he first injected Roger Clemens with steroids.

The U.S. government's star witness in the Clemens perjury retrial took the stand in Washington on Monday and told the jury that he injected one of baseball's top pitchers with steroids about eight to 10 times when they were with the Toronto Blue Jays in 1998.

"I knew what I was doing was illegal," McNamee said. "I wish to God I could take it back."

Clemens is charged with lying to Congress when he testified in 2008 that he had never used steroids or human growth hormone. The first attempt to try him last July ended in a mistrial when prosecutors showed the jury a snippet of inadmissable videotaped evidence.

Quoted

"I did it because I wanted to help and I wanted to keep my player safe.... I wasn't under the assumption that was the first time he did that."

Brian McNamee, key witness in the Roger Clemens perjury trial.

McNamee recalled how he met Clemens when McNamee was the strength and conditioning coach of the Blue Jays in 1998 and how he was asked by Clemens to come to Clemens' apartment in the SkyDome after a game in June.

McNamee said he found steroids, alcohol, needle and gauze laid out in the bathroom. He said he felt "a little uncomfortable" while preparing the shot because he'd never done anything like it before.

"Roger pulled down his pants, exposing his right buttocks cheek to me," McNamee said. McNamee said he then "plunged the fluid in, into his buttocks."

"That," McNamee concluded, "was the first time I injected Roger Clemens."

McNamee's appearance is essentially the be-all and end-all of the trial. The first four weeks were mostly attempts by prosecutors to show that Clemens might have lied about ancillary things.

THE ASSOCIATED PRESS

Rangers rely on Lundqvist to get job done in Game 1

New Jersey Devils forward Ilya Kovalchuk has his shot stopped by New York Rangers goalie Henrik Lundqvist in the first period at Madison Square Garden on Monday night. Rangers rookie Chris Kreider and defenceman Dan Girardi both had a goal and an assist in the third period, and Lundqvist stopped 21 shots for his fifth career playoff shutout, as weary New York opened the Eastern Conference finals with a 3-0 victory over the well-rested New Jersey Devils. JULIO CORTEZ/THE ASSOCIATED PRESS

NBA. 76ers' Turner turns Game 2 into win in Boston

Evan Turner made the go-ahead layup with 40.4 seconds left and Philadelphia held off Boston with six straight free throws as the 76ers evened their second-round series with an 82-81 victory Monday night.

Turner finished with 10 points and added two free throws with 12 seconds to go. Jrue Holiday scored 18 points and Andre Iguodala added 13, seven assists and six rebounds for the Sixers, who blew a 10-point fourth-quarter lead as the Celtics won Game 1.

THE ASSOCIATED PRESS

Kevin Garnett tries to block a shot by 76ers guard Evan Turner in Boston on Monday. ELSA/GETTY IMAGES

MLS

Toronto FC shuffles coaching staff

Former Toronto FC defender Jim Brennan has been promoted to assistant coach with the Major League Soccer team.

First team assistant Bob de Klerk has been promoted to technical manager in restructuring announced by head coach Aron Winter on Monday.

Brennan, who spent the last 15 months coaching Toronto's under-17, was the first player signed by TFC and its first captain. He retired as a player in 2010. THE CANADIAN PRESS

MLB. Linds' error leads to sorrow for Morrow

Luke Scott and Sean Rodriguez each drove in two runs in a six-run fifth inning as the Tampa Bay Rays defeated the Toronto Blue Jays 7-1 on Monday.

Blue Jays starter Brandon Morrow (4-2) was foiled in his attempt for his fifth consecutive win when first baseman Adam Lind's error led to the five unearned runs in the Rays' big fifth inning.

It was the second loss in a row for the Jays (19-17), who opened a seven-game home stand after a 5-5 road trip. It was the Rays' (22-14) second win in a row. THE CANADIAN PRESS

Jays starter Brandon Morrow reacts in the fifth inning Monday at Rogers Centre. FRANK GUNN/THE CANADIAN PRESS

4 SPORTS

NBA playoffs

"This season has to be extended for me to play again. So that's what's on my mind."

Miami Heat forward Chris Bosh An MRI on Monday confirmed Bosh strained a lower abdominal muscle in Miami's Game 1 victory. The team said there's no firm timetable for Bosh's return and that he is out "indefinitely."

Cycling

Canada's Ryder still on top in Italy

Canada's Ryder Hesjedal remains the man to beat at the Giro d'Italia. The Victoria cyclist was seventh in Monday's stage to hold onto the pink leader's jersey, avoiding a crash on the final turn that took out several of the top contenders. "Another perfect day by the team," Hesjedal said. "We took control in the approach to the last hills and I was able to benefit from perfect position."

THE ASSOCIATED PRESS

Mobile news

After going 14 of 30 (.467) with two doubles, nine homers and 18 RBIs last week, talk has begun as to the historic heights Texas Rangers slugger Josh Hamilton could reach this season. If he is able to stay on this seemingly-impossible pace all year, Hamilton could have more than 80 homers and 200 RBIs. Scan the code for the story.

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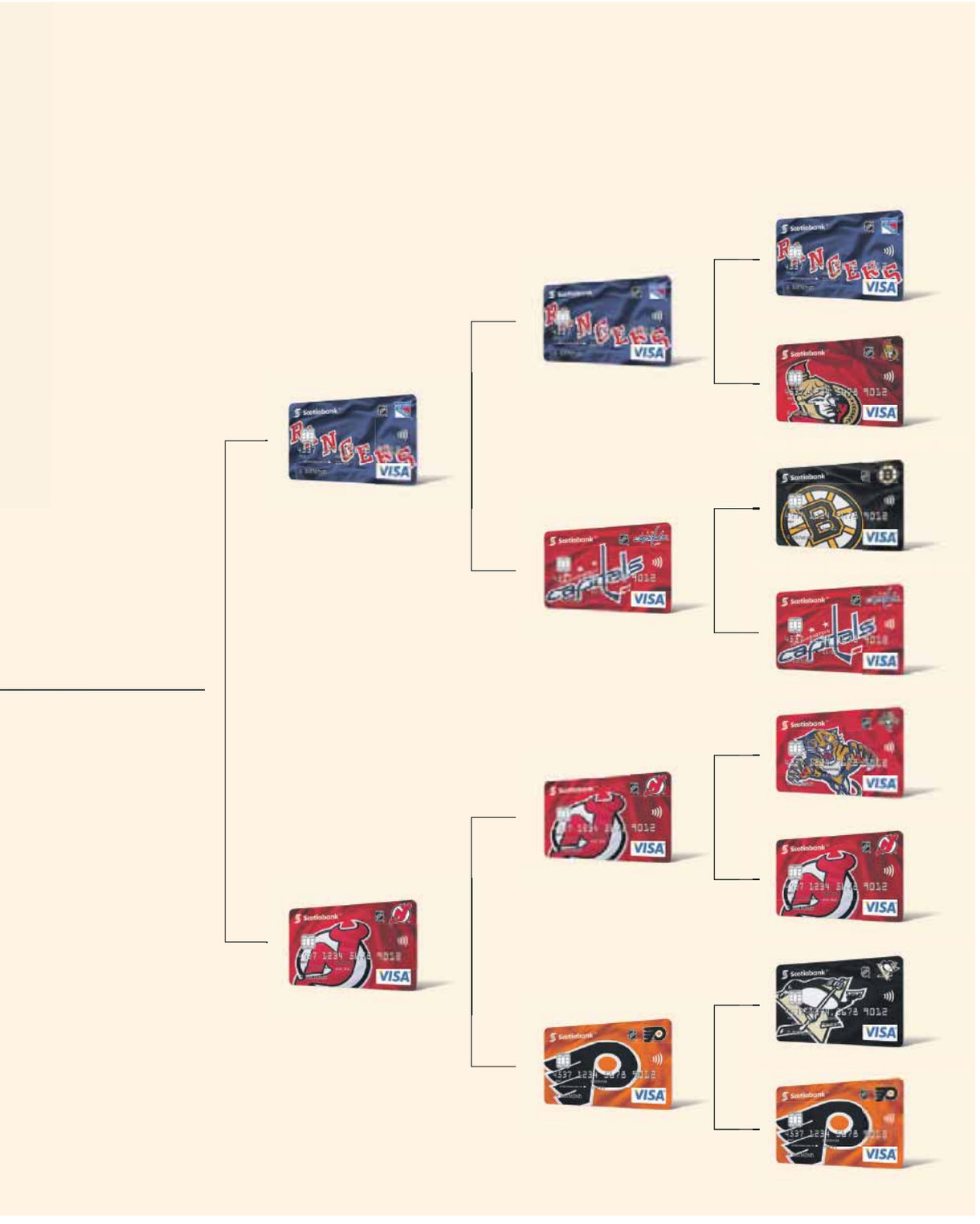

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	22	13	.629	—
Tampa Bay	22	14	.611	½
New York	19	15	.559	2½
Toronto	19	17	.528	3½
Boston	16	19	.457	6

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	18	16	.529	—
Detroit	17	17	.500	1
Chicago	16	19	.457	2½
Kansas City	13	20	.394	4½
Minnesota	10	24	.294	8

WEST DIVISION

	W	L	Pct	GB
Texas	23	12	.657	—
Oakland	18	17	.514	5
Seattle	16	21	.432	8
Los Angeles	15	20	.429	8

Last night's results
Tampa Bay 7 **Toronto 1**
Boston 6 Seattle 1
N.Y. Yankees at Baltimore
Kansas City at Texas
Cleveland at Minnesota
Detroit at Chicago White Sox
Oakland at L.A. Angels
Sunday's results
Minnesota 4 **Toronto 3**
Seattle 6 N.Y. Yankees 2
Texas 13 L.A. Angels 6
Tampa Bay 9 Baltimore 8
Kansas City 9 Chicago White Sox 1
Boston 12 Cleveland 1
Detroit 3 Oakland 1
Today's games — All times Eastern
Cleveland (D.Lowe 5-1) at Minnesota (Marquis 2-2), 1:10 p.m.
Detroit (Scherzer 2-3) at Chicago White Sox (Peavy 4-1), 2:10 p.m.
Seattle (Beavan 1-3) at Boston (Beckett 2-4), 4:05 p.m.
N.Y. Yankees (Sabathia 5-0) at Baltimore (W.Chen 3-0), 7:05 p.m.
Oakland (Colon 3-3) at L.A. Angels (E.Santana 1-6), 7:05 p.m.
Tampa Bay (Price 5-2) at **Toronto (H.Alvarez 3-2),** 7:07 p.m.
Kansas City (Mazzaro 0-0) at Texas (Lewis 3-2), 8:05 p.m.
Tomorrow's games
Minnesota at Detroit, 7:05 p.m.
Seattle at Cleveland, 7:05 p.m.
N.Y. Yankees at Toronto, 7:07 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
Baltimore at Kansas City, 8:10 p.m.
Chicago White Sox at L.A. Angels, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Hamilton, Tex	32	127	30	51	.402
Jeter, NYY	34	145	24	54	.372
Ortiz, Bos	34	132	24	46	.348
Konerko, ChiW	34	123	16	41	.333
Sweeney, Bos	30	111	10	37	.333
Andrus, Tex	34	137	24	45	.328
AJackson, Det	33	125	26	40	.320
Pedroia, Bos	34	144	25	46	.319
ACabrera, Cle	28	111	18	35	.315
Beltre, Tex	31	116	19	36	.310

Runs — Kinsler, Texas, 32; Hamilton, Texas, 30; AdJones, Balt, 27; AJackson, Det, 26; De Aza, Chi, 25; Pedroia, Bos, 25.
RBI — Hamilton, Tex, 44; **Encarnacion, Toronto, 29;** MiCabrera, Det, 29; ADunn, Chi, 26.
Last night's games not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	22	13	.629	—
Atlanta	22	14	.611	½
New York	20	15	.571	2
Miami	18	17	.514	4
Philadelphia	17	19	.472	5½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	20	15	.571	—
Cincinnati	18	16	.529	1½
Pittsburgh	17	18	.486	3
Chicago	15	20	.429	5
Houston	15	20	.429	5
Milwaukee	15	20	.429	5

WEST DIVISION

	W	L	Pct	GB
Los Angeles	23	11	.676	—
San Francisco	17	17	.500	6
Arizona	15	20	.429	8½
Colorado	13	20	.394	9½
San Diego	12	24	.333	12

Last night's results
Cincinnati 3 Atlanta 1
Philadelphia 5 Houston 1
Pittsburgh 3 Miami 2
Washington 8 San Diego 5
N.Y. Mets 3 Milwaukee 1
Chicago Cubs 6 St. Louis 4
Arizona at L.A. Dodgers
Colorado at San Francisco
Sunday's results
Miami 8 N.Y. Mets 4
Cincinnati 9 Washington 6
San Francisco 7 Arizona 3
Philadelphia 3 San Diego 2
Chicago Cubs 8 Milwaukee 2
Atlanta 7 St. Louis 4
Pittsburgh 3 Houston 2 (12 inn.)
L.A. Dodgers 11 Colorado 5
Today's games — All times Eastern
Houston (Undecided) at Philadelphia (Cl.Lee 0-1), 1:05 p.m.
San Diego (Bass 1-4) at Washington (Strasburg 3-0), 1:05 p.m.
Chicago Cubs (Maholm 4-2) at St. Louis (Lohse 5-1), 1:45 p.m.
Cincinnati (Cueto 4-0) at Atlanta (T.Hudson 1-1), 7:10 p.m.
Milwaukee (Greinke 3-1) at N.Y. Mets (Gee 2-2), 7:10 p.m.
Pittsburgh (Correia 1-3) at Miami (Jo.Johnson 0-3), 7:10 p.m.
Arizona (Miley 3-1) at L.A. Dodgers (Billingsley 2-2), 10:10 p.m.
Colorado (Guthrie 2-1) at San Francisco (Lincecum 2-3), 10:15 p.m.
Tomorrow's games
L.A. Dodgers at San Diego, 6:35 p.m.
Pittsburgh at Washington, 7:05 p.m.
Cincinnati at N.Y. Mets, 7:10 p.m.
Miami at Atlanta, 7:10 p.m.
Milwaukee at Houston, 8:05 p.m.
Philadelphia at Chicago Cubs, 8:05 p.m.
Arizona at Colorado, 8:40 p.m.
St. Louis at San Francisco, 10:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
DWright, NYM	31	115	24	46	.400
Furcal, StL	33	133	25	51	.383
Kemp, LAD	34	117	29	42	.359
MeCabrera, SF	34	141	21	49	.348
Jay, StL	26	101	17	35	.347
LaHair, ChiC	31	100	15	34	.340
McCutchen, Pgh	31	115	18	39	.339
LaRoche, Wash	30	110	13	37	.336
Bourn, Atl	35	152	24	51	.336
SCastro, ChiC	34	139	16	46	.331

Last night's games not included

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	135	16	39	3	17	.289
Encarnacion	134	21	37	11	29	.276
Thames	105	13	27	3	8	.257
Escobar	145	20	37	1	13	.255
Johnson	130	23	33	7	18	.254
Francisco	20	2	5	0	0	.250
Arencibia	96	10	22	3	16	.229
Davis	35	12	8	0	4	.229
Rasmus	120	12	27	3	14	.225
Mathis	23	6	5	2	5	.217
Bautista	126	19	25	8	18	.198
Lind	111	8	21	3	11	.189
Vizquel	16	1	2	0	0	.125

PITCHERS	W	L	SV	IP	SO	ERA
Oliver	0	1	0	11.1	10	1.59
Morrow	4	1	0	47.2	39	2.27
Perez	2	1	0	17.1	18	2.60
Alvarez	3	2	0	48.1	14	2.61
Frasor	0	0	0	13.2	17	3.29
Drabek	2	4	0	39.1	33	3.66
Romero	4	1	0	53.1	36	3.88
Janssen	1	1	2	12.1	13	4.38
Carreno	0	1	0	12.0	6	4.50
Hutchison	2	1	0	27.2	21	5.53
Villanueva	0	0	0	13.0	12	5.54
Cordero	1	2	2	12.1	9	8.76
Santos	0	1	2	5.0	4	9.00

Last night's game not included

TENNIS

ATP-WTA

ITALIAN OPEN

At Rome
Men's Singles — First Round
John Isner (9), U.S., def. Philipp Kohlschreiber, Germany, 2-6, 7-6 (3), 6-2.
Nicolas Almagro (12), Spain, def. Marin Cilic, Croatia, 6-2, 3-6, 6-0.
Gael Monfils (13), France, def. Alex Bogomolov Jr., Russia, 6-4, 6-1.
Fernando Verdasco, Spain, def. Alexandr Dolgopolov, Ukraine, 6-0 (retired).
Bernard Tomic, Australia, def. Santiago Giraldo, Colombia, 4-6, 6-2, 6-4.
Fabio Fognini, Italy, def. Marcos Baghdatis, Cyprus, 6-2, 6-2.
David Nalbandian, Argentina, def. Albert Ramos, Spain, 6-3, 6-4.
Stanislas Wawrinka, Switzerland, def. Robin Haase, Netherlands, 6-1, 4-6, 7-5.
Carlos Berlocq, Argentina, def. Blaz Kavcic, Slovenia, 6-1, 6-3.
Radek Stepanek, Czech Republic, def. Juan Ignacio Chela, Argentina, 2-6, 6-0, 6-3.
Women's Singles — First Round
Julia Goerges, Germany, def. **Aleksandra Wozniak, Blainville, Que.,** 6-1, 6-7 (1), 6-3.
Ekaterina Makarova, Russia, def. Francesca Schiavone (10), Italy, 6-3, 6-4.
Angelique Kerber (12), Germany, def. Anastasia Rodionova, Australia, 4-6, 7-5, 6-2.
Ana Ivanovic (13), Serbia, def. Svetlana Kuznetsova, Russia, 6-4, 6-3.
Chanelle Scheepers, South Africa, def. Jarmila Gajdosova, Australia, 6-4, 7-6 (3).
Vania King, U.S., def. Tsvetana Pironkova, Bulgaria, 6-0, 6-1.
Christina McHale, U.S., def. Monica Niculescu, Romania, 6-4, 6-4.
Iveta Benesova, Czech Republic, def. Yanina Wickmayer, Belgium, 6-4, 5-7, 7-6 (5).
Anastasia Pavlyuchenkova, Russia, def. Ksenia Pervak, Kazakhstan, 6-2, 6-4.
Shahar Peer, Israel, def. Peng Shuai, China, 7-6 (4), 4-6, 3-1 (retired).

NHL PLAYOFFS

STANLEY CUP

CONFERENCE FINALS

(Best-of-7 series)
All times Eastern

EASTERN CONFERENCE
N.Y. RANGERS (1) VS. NEW JERSEY (6)
Last night's result
New Jersey at N.Y. Rangers
Tomorrow's game
New Jersey at N.Y. Rangers, 8 p.m.
Saturday's game
N.Y. Rangers at New Jersey, 1 p.m.
Monday, May 21
N.Y. Rangers at New Jersey, 8 p.m.
Wednesday, May 23
x-New Jersey at N.Y. Rangers, 8 p.m.
Friday, May 25
x-N.Y. Rangers at New Jersey, 8 p.m.
Sunday, May 27
x-New Jersey at N.Y. Rangers, 8 p.m.

WESTERN CONFERENCE
PHOENIX (3) VS. LOS ANGELES (8)
(Los Angeles leads 1-0)
Sunday's result
Los Angeles 4 Phoenix 2
Tonight's game
Los Angeles at Phoenix, 9 p.m.
Thursday's game
Phoenix at Los Angeles, 9 p.m.
Sunday, May 20
Phoenix at Los Angeles, 3 p.m.
Tuesday, May 22
x-Los Angeles at Phoenix, 9 p.m.
Thursday, May 24
x-Phoenix at Los Angeles, 9 p.m.
Saturday, May 26
x-Los Angeles at Phoenix, 9 p.m.
x — if necessary.

LATE SUNDAY

KINGS 4, COYOTES 2

First Period
1. Los Angeles, Kopitar 4 (Brown, Doughty) 3:53
2. Phoenix, Morris 2 (Langkow) 13:26
Penalties — Smith Phx (roughing; served by Boedker) 4:17, Greene LA (high-sticking) 9:56, Brown LA (interference) 19:41.
Second Period
3. Los Angeles, King 2 (Richards, Lewis) 8:02
4. Phoenix, Boedker 4 (Doan, Morris) 18:05
Penalties — Morris Phx (hooking) 8:22, Kopitar LA (goaltender interference) 9:50.
Third Period
5. Los Angeles, Brown 7 (Voynov, Williams) 2:11
6. Los Angeles, King 3 (Lewis, Stoll) 19:12 (en)
Penalties — Mitchell LA (interference) 4:40, Hanzal Phx (slashing) 6:41, Williams LA (hooking) 11:13, Ekman-Larsson Phx (interference) 11:21.
Shots on goal

Los Angeles	17	17	14	—48
Phoenix	4	14	9	—27

Goal — Los Angeles: Quick (W,9-1-0); Phoenix: Smith (L,8-4-0). **Power plays (goals-chances)** — Los Angeles: 0-4; Phoenix: 0-5.
Att. — 17,134 (17,135) at Glandale. Ariz.

LACROSSE

NLL PLAYOFFS

CHAMPIONSHIP

Saturday's game
CHAMPIONS CUP
Edmonton at Rochester, 7:30 p.m., EST

HOCKEY

IIHF MEN'S WORLD CHAMPIONSHIP

At Helsinki and Stockholm

PRELIMINARY ROUND

GROUP A

	GP	W	OW	OL	L	GF	GA	Pt
x-Canada	**6**	**5**	**0**	**1**	**0**	**30**	**14**	**16**
x-Finland	7	5	0	0	2	21	14	15
x-U.S.	6	3	2	0	1	27	15	13
Slovakia	6	4	0	0	2	16	9	12
France	6	3	0	0	3	17	27	9
Switzerland	6	2	0	0	4	14	16	6
Belarus	6	1	0	0	5	10	18	3
Kazakhstan	7	0	0	1	6	11	33	1

GROUP B

	GP	W	OW	OL	L	GF	GA	Pt
x-Russia	7	7	0	0	0	27	8	21
x-Sweden	6	5	0	0	1	25	15	15
x-Czech Rep.	6	3	1	0	2	16	10	11
x-Norway	6	3	0	1	2	27	17	10
Latvia	6	2	0	0	4	11	15	6
Germany	6	2	0	0	4	13	23	6
Denmark	6	1	0	1	4	11	17	4
Italy	7	0	1	0	6	6	31	2

x — clinched berth in championship playoffs.
Note: 3 points for a regulation win, 2 for an overtime win and 1 for an overtime loss.
Yesterday's results
At Helsinki
France 2 Belarus 1
Finland 4 Kazakhstan 1
At Stockholm
Denmark 2 Latvia 0
Russia 4 Italy 0
Sunday's results
At Helsinki
Slovakia 1 Switzerland 0
U.S. 5 Finland 0
At Stockholm
Norway 12 Germany 4
Russia 2 Czech Republic 0
Today's games — All times Eastern
At Helsinki
Canada vs. Belarus, 5:15 a.m.
Slovakia vs. France, 9:15 a.m.
U.S. vs. Switzerland, 1:15 p.m.
At Stockholm
Norway vs. Denmark, 6:15 a.m.
Czech Republic vs. Germany, 10:15 a.m.
Sweden vs. Latvia, 2:15 p.m.
END OF PRELIMINARY ROUND

SCORING LEADERS

	G	A	PT
Malkin, Rus	7	7	14
Thoresen, Nor	5	7	12
L.Eriksson, Swe	3	7	10
Pacioretty, U.S.	2	8	10
Zetterberg, Swe	1	9	10
Filpula, Fin	4	4	9
Skroder, Nor	3	6	9
Gogulla, Ger	2	7	9
Keith, Cda	**1**	**8**	**9**
Tavares, Cda	**4**	**4**	**8**
Perezhogin, Rus	3	5	8
Popov, Rus	3	5	8
M.Koivu, Fin	2	6	8
Eberle, Cda	**4**	**3**	**7**
Faulk, U.S.	4	3	7
J.Jokinen, Fin	4	3	7
Hansen, Nor	2	5	7
Ask, Nor	1	6	7
Brunner, Sui	3	3	6
Franzen, Swe	3	3	6
Holos, Nor	3	3	6
Bellemare, Fra	2	4	6
Kuznetsov, Rus	2	4	6
Stastny, U.S.	2	4	6
Getzlaf, Cda	**1**	**5**	**6**
Alfredsson, Swe	1	5	6

NBA PLAYOFFS

CONFERENCE SEMI-FINALS

(Best-of-7 series)
All times Eastern

EASTERN CONFERENCE
MIAMI (2) VS. INDIANA (3)
(Miami leads 1-0)
Sunday's result
Miami 95 Indiana 86
Tonight's game
Indiana at Miami, 7 p.m.
Thursday's game
Miami at Indiana, 7 p.m.
BOSTON (4) VS. PHILADELPHIA (8)
(Series tied 1-1)
Last night's result
Philadelphia 82 Boston 81
Tomorrow's game
Boston at Philadelphia, 7 p.m.
Friday's game
Boston at Philadelphia, 8 p.m.

WESTERN CONFERENCE
SAN ANTONIO (1) VS. L.A. CLIPPERS (5)
Tonight's game
L.A. Clippers at San Antonio, 9:30 p.m.
Thursday's game
L.A. Clippers at San Antonio, 9:30 p.m.
OKLAHOMA CITY (2) VS. L.A. LAKERS (3)
Last night's result
L.A. Lakers at Oklahoma City
Tomorrow's game
L.A. Lakers at Oklahoma City 9:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

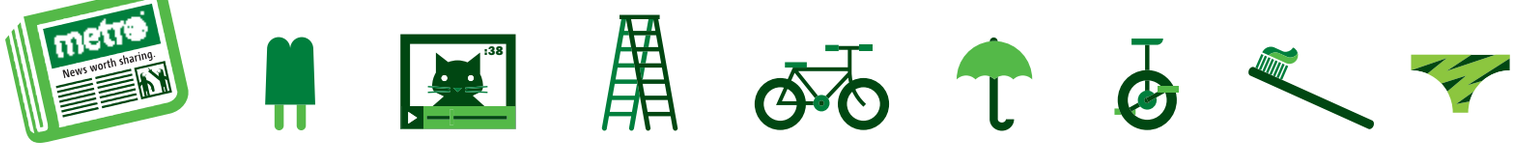
	GP	W	L	T	GF	GA	Pt
New York	11	7	3	1	23	16	22
Kansas City	10	7	3	0	13	7	21
D.C.	12	5	4	3	20	16	18
Chicago	9	4	2	3	11	10	15
New England	10	4	6	0	12	13	12
Montreal	11	3	5	3	12	16	12
Houston	8	3	3	2	8	9	11
Columbus	9	3	4	2	8	11	11
Philadelphia	9	2	6	1	7	12	7
Toronto	8	0	8	0	6	18	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Salt Lake	13	8	3	2	19	12	26
San Jose	11	7	2	2	22	12	23
Seattle	10	7	2	1	13	4	22
Vancouver	10	5	3	2	10	11	17
Colorado	10	5	5	0	15	12	15
Dallas	12	3	6	3	11	18	12
Los Angeles	10	3	5	2	12	15	11
Chivas USA	10	3	6	1	6	12	10
Portland	9	2	5	2	9	13	8

Sunday's results
New York 3 Philadelphia 2
Chivas USA 1 San Jose 1
Tonight's game — All times Eastern
Portland at Houston, 8:30 p.m.
Tomorrow's game
Colorado at D.C., 7:30 p.m.
Saturday's games
Seattle at Vancouver, 5 p.m.
Houston at New England, 7:30 p.m.
Toronto at D.C., 7:30 p.m.
New York at Montreal, 7:30 p.m.
Philadelphia at Dallas, 8:30 p.m.
Kansas City at Colorado, 9 p.m.
Columbus at San Jose, 10:30 p.m.
Los Angeles at Chivas USA, 10:30 p.m.
Sunday, May 20
Chicago at Portland, 7 p.m.

Sharability



easy — hard

Hunter moving back to London

NHL. Coach quits Washington job after playoff elimination

Dale Hunter quit as coach of the Washington Capitals on Monday after less than one full season in the job, telling the team he wants to return to his family in Canada.

"It was the right thing to do," Hunter said.

He is the owner of the London Knights of the Ontario Hockey League. One of his three children is an assistant coach with the Knights, and Hunter's brother Mark took over as head coach when Hunter left to join the Capitals in November, replacing the fired Bruce Boudreau.

"I'm going home," Hunter said, a couple of hours after delivering the news to Capitals general manager George McPhee. "I've got a good thing going there with the family, so I'll stay home."

Hunter met with McPhee at the team's practice facility on Monday morning, two days after the Capitals were eliminated from the playoffs in the Eastern Conference semifinals with a 2-1 loss to the New York Rangers in Game 7.

THE ASSOCIATED PRESS

Dale Hunter

THE ASSOCIATED PRESS FILE

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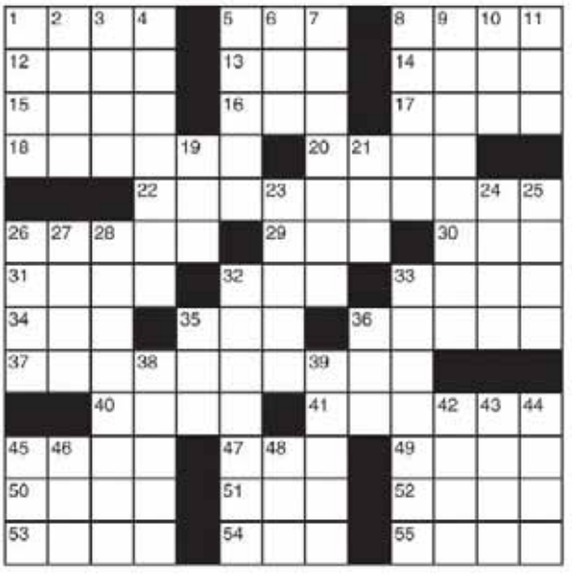
Crossword

Across

1 Fem. counterpart
5 Seek damages
8 Layer of paint
12 List-ending abbr.
13 Mess up
14 Luau dance
15 Zilch
16 Compete
17 Particular
18 Latest news
20 Chastity's mom
22 1980 Jane Fonda movie
26 Collect
29 Morning moisture
30 Martini ingredient
31 Existed
32 Spanish literary hero
33 Oberlin locale
34 Sodom evacuee
35 Nosh
36 Before
37 1984 Goldie Hawn movie
40 Metric syllable
41 Rough
45 Vivacity
47 Mainlander's memento
49 Disturb
50 Poolroom prop
51 Moray, for one
52 Tittle
53 "Planet of the —"
54 Firmament
55 Portent

Down

1 Carte
2 Covering
3 Hourglass fill
4 Wash
5 Twilight time, maybe
6 Swiss canton
7 Put up
8 Leader
9 Completely
10 Pub order
11 Highlander's chapeau
19 "— the season ..."
21 Explanation
23 Mrs. Archie Bunker
24 Henry —
25 Carbon compound
26 Piercing tools
27 Cat call
28 Ruse
32 Rooks
33 Erie neighbor
35 Swelled head
36 Venusian vessel
38 Crannies
39 With aloofness
42 Leeway
43 Location
44 Verve
45 Support system?
46 Eminem's genre
48 "A mouse!"



Sudoku

		4	6		7			
	5					1	8	
3	6				9	5		
5		8	7				4	
				1				
	2				6	8		9
		1	2				9	8
	7	3					6	
			4		3	2		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	5	8	4	6	2	9	3
2	8	6	7	9	3	1	5	4
4	3	9	1	5	2	7	6	8
3	5	7	6	8	9	4	2	1
1	4	2	3	7	5	6	8	9
9	6	8	2	1	4	5	3	7
5	7	1	9	2	8	3	4	6
8	2	3	4	6	7	9	1	5
6	9	4	5	3	1	8	7	2

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

NGAOL DJ MWRFLY YLWXXJ XZBLN XGOVGAP LABLXZTLN, TLZTXL ZMRLA XGVL RZ OWXX FGD W NLWXGAP MWA.

Yesterday's Cryptoquip: IF A FEMALE MONARCH WERE A FAN OF LOW-QUALITY BEDS, SHE COULD BE CALLED MARY, QUEEN OF COTS.

Today's Cryptoquip Clue: X equals L

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

Aries | March 21 - April 20. The planets urge you to push yourself hard and get tasks and chores out of the way as soon as you can.

Taurus | April 21 - May 21. You could be a bit too free and easy today, both with your time and with your cash.

Gemini | May 22 - June 20. You are feeling vulnerable at the moment, and although you hide it well there will be those who sense that you are not at your best. Don't let them take advantage.

Cancer | June 21 - July 22. It's quite possible that your imagination will play tricks on you and make you believe that certain things are going wrong when, in fact, they are going right.

Leo | July 23 - Aug. 22. You seem to believe that if you don't grab as much as you can right now you will miss out altogether.

Virgo | Aug. 23 - Sept. 22. You may not be able to explain why certain things are happening but there is no reason to get worked up about them.

Libra | Sept. 23 - Oct. 22. Current aspects make you reluctant to take risks, and that's good because you really don't need to.

Scorpio | Oct. 23 - Nov. 21. Where money and business affairs are concerned you must be cautious, because you could easily be tricked into thinking that you cannot lose out when, in fact, you could lose everything.

Sagittarius | Nov. 22 - Dec. 21. Don't withhold your affections today just because someone has offended you.

Capricorn | Dec. 22 - Jan 20. Never forget that it's your mind that creates your world. Make it a world worth living in.

Aquarius | Jan. 21 - Feb 18. Sometimes it pays to be on your guard.

Pisces | Feb. 19 - March 20. What you think is a problem is not really a problem at all.

SALLY BROMPTON

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Virender

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